

This newsletter is a collaboration between the Kentucky WIC Program and Lactation Improvement Network of Kentucky (LINK)



Summer ■ 2015

Kentucky Breastfeeding Newsletter



World Breastfeeding Week 2015 Preview

The World Alliance for Breastfeeding Action (WABA) has announced the theme for World Breastfeeding Week (WBW) 2015. According to WABA, Breastfeeding and Work: Let's Make it Work, revisits the 1993 WBW campaign on the Mother-Friendly Workplace Initiative. The theme celebrates 22 years of advances in mother-friendly workplaces, as well as, greater awareness for working women's rights to breastfeed. It also reminds us that we have much work to do to empower all working mothers to adequately integrate their work with their breastfeeding goals.

WABA's stated objectives for WBW 2015 are to:

1. Galvanize support to enable women everywhere to work and breastfeed;
2. Promote actions by employers to become more mother-friendly;
3. Raise awareness of the need for legislation to protect breastfeeding in the workplace;
4. Showcase supportive practices that enable women to breastfeed; and
5. Engage with organized groups to protect the breastfeeding rights of women in the workplace.



The 2015 World Breastfeeding Week Calendar and Action Folder will be available soon. Please visit worldbreastfeedingweek.org for more information.

www.kybreastfeeding.com
www.breastfeedkentucky.com
<http://chfs.ky.gov/dph/mch/ns/breastfeeding>

Resources

Department of Labor

<http://www.dol.gov>

The Department of Labor (DOL) has redesigned its map titled “Employment Protections for Workers Who Are Pregnant or Nursing”. The map now contains filters for each law and includes state-level provisions for pregnancy accommodation protections. Access the interactive map at <http://www.dol.gov/wb/maps/>.

Another resource from the DOL is a new infographic showing that more first-time mothers are working while pregnant, working closer to their due date, and returning to work sooner after giving birth. The infographic can be found at [www.dol.gov/wb/First-Time Mothers final 508.pdf](http://www.dol.gov/wb/First-Time%20Mothers%20final%20508.pdf).

Loving Support

<http://lovingsupport.nal.usda.gov/>

The U.S. Department of Agriculture has updated three resources in the “Loving Support Makes Breastfeeding Work” library. Updated versions of *Moms Helping Moms: Meet Your WIC Breastfeeding*

Peer Counselor and *WIC’s Circle of Care for Breastfeeding Mothers: How Peer Counselors Help* can now be found on the WIC Staff page. An updated version of *Building Breastfeeding-Friendly Communities* can be found on the Community Partners page.

Promoting and Supporting Breastfeeding

Free CPE Opportunity for Academy Members

<http://www.eatrightpro.org/>

This paper supports the Academy's position paper with the same title, published in the *Journal of the Academy of Nutrition and Dietetics* March 2015. This practice paper was created to provide registered dietitian nutritionists (RDNs) and nutrition and dietetics technicians, registered (NDTRs) with guidelines and resources to promote and support breastfeeding. The position and practice papers should be used together to address the important contribution breastfeeding makes to the health of women, children, and infants and the future of our nation.

In the News

Reds Open Nursing Suite to Help Breast-feeding Moms at the Ballpark

<http://sports.yahoo.com/blogs/mlb-big-league-stew/reds-open-nursing-suite-to-help-breast-feeding-moms-at-the-ballpark-235553025.html>

Follow the link to learn about the unique and beautiful nursing suite.

Facebook Clarifies Breastfeeding pics OK, Updates Rules

<http://www.cbc.ca/news/world/facebook-clarifies-breastfeeding-pics-ok-updates-rules-1.2997124>

Lactation Stations Ease Airport Grind for Nursing Moms

<http://www.usatoday.com/story/travel/flights/2015/04/01/airport-breastfeeding-lactation-rooms/70729212/>

Extended Breastfeeding Linked to Higher IQ and Income in Study

<http://www.cnn.com/2015/03/18/health/breastfeeding-iq-income/>

Journal Review

The Lancet Global Health, Volume 3, Issue 4

[http://dx.doi.org/10.1016/S2214-109X\(15\)70002-1](http://dx.doi.org/10.1016/S2214-109X(15)70002-1)

Association between breastfeeding and intelligence, education attainment, and income at 30 years of age: a prospective birth cohort study from Brazil

Pediatrics, May 2015

<http://dx.doi.org/10.1542/peds.2014-3554>

Cow's Milk Contamination of Human Milk Purchased via the Internet

Breastfeeding Medicine, May 2015

<http://dx.doi.org/10.1089/bfm.2014.0143>

Effect of Vitamin C and E Supplementation on Total Antioxidant Content of Human Breastmilk and Infant Urine

Breastfeeding Medicine, May 2015

<http://dx.doi.org/10.1089/bfm.2014.0152>

Racial and Ethnic Disparities in Breastfeeding

Journal of Human Lactation, April 1, 2015, Online First

<http://dx.doi.org/10.1177/0890334415579656>

A Community Health Clinic Breastfeeding-Friendly Pilot: What Can We Learn about the Policy Process?

Breastfeeding Medicine, April 2015

<http://dx.doi.org/10.1089/bfm.2015.9992>

ABM Clinical Protocol #21: Guidelines for Breastfeeding and Substance Use or Substance Use Disorder, Revised 2015

Journal of Human Lactation, April 23, 2015, Online First

<http://dx.doi.org/10.1177/0890334415583294>

Group versus Individual Professional Antenatal Breastfeeding Education for Extending Breastfeeding Duration and Exclusivity: A Systematic Review

International Kangaroo Care Awareness Day 2015

The 4th Annual International Kangaroo Care Awareness Day was held on May 15, 2015. This day was established to raise awareness and educate families about the benefits of skin-to-skin contact (also known as Kangaroo Care) in the early days and weeks.

If you or your facility celebrated Kangaroo Care Awareness Day, please send any pictures and/or articles to Marlene.Goodlett@ky.gov so we may feature your efforts in a future newsletter.



We are in the process of updating the *Kentucky Breastfeeding Resource Guide for 2015*. Please visit <http://kybreastfeeding.com/archives.html> to download the “Business” and/or “IBCLC” form to update information for this valuable resource.

Dates to Remember

June 9, 2015

CDC/USBC Bi-Monthly Coalitions Webinars

2:00—3:00 pm Eastern

www.usbreastfeeding.org

July 16, 2015

USBC Power Tool Webinar

2:00-3:30 pm Eastern

Advocacy and Lobbying for Nonprofits

<http://www.usbreastfeeding.org/power-tools>

July 21, 2015

Lactation Consultant Equity Initiative

2015 Workshop

Washington, DC

www.ilca.org

July 22-25, 2015

ILCA 2015 Annual Conference

Washington, DC

www.ilca.org

August 11, 2015

CDC/USBC Bi-Monthly Coalitions Webinars

2:00—3:00 pm Eastern

www.usbreastfeeding.org

Save The Dates

August 5, 2015

Lactation on the Levee

Newport KY

Speaker: Amy Spangler

August 7, 2015

Western Kentucky Breastfeeding Conference

Owensboro, KY

Speaker: Amy Spangler

November 5, 2015

Healthy Babies are Worth the Wait/Kentucky

Infants Safe and Strong (KISS) Conference

Lexington, KY



Kentucky Public Health

Prevent. Promote. Protect.

USDA is an equal opportunity
provider and employer.

